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SPOKE

A LEARNING NEWSPAPER FOR JOURNALISM STUDENTS



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WEDNESDAY, MARCH 25, 2012

CONESTOGA COLLEGE, WINDSOR, ONT.

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44TH ROAD - PG. 10

Student called a young Holmes

By MICHAEL DUNN

Conestoga headman, even Mike Holmes is a stickler for quality. So when this extreme safety challenge pays you a compliment, it means something.

Not only did he put Conestoga College student Andrew Pedersen a compliment, he said that Pedersen reminded him of a "younger, more motivated version of himself at the age of 18."

"He was basically implying that I have the potential to be as successful, or more successful than him," said Pedersen, now 36 years old.

A project and family were agreed on. Pedersen had the opportunity to work behind competitors and celebrity judges at the 100th anniversary of Canada's Hardyman Challenge, airing on HGTV.

At the request of his girlfriend and an employer, he applied to be on the show which features Holmes, Scott McIlwain, Bryan Alexander and Allan Harris as judges.

"Seven thousand people applied for the Toronto indoor course," he said. From there it was narrowed down to 100, 50, 10 and seven.

At the age of 18, Pedersen was hoping to figure out how things worked. Three years later he was taking on larger projects. At the age of 18, when his parents were away, Pedersen helped his father and converted the kitchen.

"I have a passion for working with my hands. I like to actually see my work pay off." Pedersen was one of the most interesting challenges came when each of the seven contestants was given a single sheet of plywood and instructed to build something.

Toilets in hand, Pedersen transformed his sheet into a toilet seat.

"I wanted to make something useful and with some parts," he said.

Of the seven regional competitors, Pedersen, along with three others from central Canada, were chosen to be on the show.

"It was weird because I always watched these people



Pedersen is a true headman.

on TV," he said, referring to the judges.

"It wasn't that competitive. We really worked with each other. Between competitors some of the most experienced guys would give advice so that we were all on a similar level."

Although Pedersen didn't think he'd make it, when judges began reading names, he was amongst those still standing.

"When you get there, with the cameras in your face it becomes intimidating."

Pedersen recalls an interview on national news the competition was narrowed down from the top 12 to six. "You start thinking I could win this thing."

Pedersen made it to the final five before being eliminated — a goal that for a 18-year-old competing against those decades his age.

"You never know what you're capable of," he said, smiling at his final challenge.

Although he was unable to take the title of Canada's Hardyman, Pedersen walked away from the competition with an even greater knowledge and the support of Canada's leading names in home renovation.

Although he'd have to compete on the show again, Pedersen says he won't be entering the challenge a second time. "I'm going to let other people learn their lesson."

CAR FIRE SIMULATION SHOWCASES CONESTOGA



Students at Conestoga.

Paramedics and police services students attend to victims in a car fire simulation in front of the Fading during a health science conference on March 12. The car fire was part of a series of simulations that highlighted the college's health science students and innovative technology. See Page 6 for more and more photos.

College taking another virtual step

By MICHAEL DUNN

Using government grants, the college is making the move to a community that is accessible anytime, anywhere. As of September, they are looking to deliver as many student services as possible in a virtual environment starting with services to make and library tutoring.

Mike Dinning, vice president of student affairs and is "jacked up" about the community and how this will provide something students

I want to create a place where students can connect with each other, our resources and our experts.

— Michele

Granger-Hamilton

learning services and personal development anytime, anywhere.

Michele Granger-Hamilton, after many conversations, for the Learning Community and who has been hard to create the virtual community, social community, whether virtual or face-to-face, are an important factor in creating an inclusive environment where students can interact confidently with the college and its students.

See LATEST NEWS, Page 6

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What's your favourite cereal
and why?



"Traci Looze because they taste good."

Melaine Gorman,
first year
legal administration



"Bounty Bunches of Oats because it's healthy but it's sweet enough. A delicious treat."

Vanessa Charr,
third year
community and criminal justice



"Cap's Crunch because it's simply delicious."

Breanna Hollman,
first-year
practical nursing



Bridly Optima,
third-year
practical nursing



"Lucky Charms because Lucky's-a-damn cute!"

Ryan Connolly,
Business program



"Cap's Crunch is the best because it just tastes amazing."

Students help 'Humanity'

By JENNIFER WATSON-CORRIALL

A good house must be made, not bought, says master builder Maynard. This couldn't be more true for those who volunteer their time building houses for Habitat for Humanity.

During study week, a group of 24 students and three faculty members from the architecture construction engineering technology program travelled to New Orleans to participate in a Habitat for Humanity build. They were building an entire house for victims of Hurricane Katrina. The plot was located in the Carrollton Ward, one of the areas hardest hit by the hurricane.

Russell Haddley, a professor in the program, said they didn't get to meet the new home owners because they were never on site as they had already fulfilled the credit, equity requirement. He said home owners are required to put on handsets

officers of credit equity. This means that, in addition to a down payment and monthly mortgage payments, home owners must reveal bank details of income of their own before into building their houses as well as the income of others. The money from the home owners mortgage payments is used by Habitat for Humanity to build houses for other people.

Students also had the opportunity to tour the Lake R. B. Galt development in the Lower 9th Ward. This is a project of Super Bowl P&G, who after visiting the area in the aftermath of Katrina, was compelled to help provide the situation. He dedicated himself to rebuilding 100 houses and providing them at a reasonable cost to disaster neighbourhood residents.

"There was a lot of later using and innovative designs in that area that had been and were in the process of being built," said Russ Cook, a third-year student in the program.

Students also got a chance to explore the city. On the second day they were treated to a swamp tour where they got to see alligators and other wildlife, that they met at all. Cook said the most memorable part of the trip was when he and his class mates searched downtown Bourbon Street, during Mardi Gras, which Haddley described as "something you have to experience."

On the first day of the build, the Conestoga team challenged the record for the fastest construction of a complete floor.

Unanimously, they passed by 30 minutes.

"We aren't sure which team beat us," said Cook. "We did it, but we were close to it."

By the time they left the students couldn't have been more satisfied.

"We were all very proud of the work we did, and Cook. "We were fortunate to be a part of a great experience."

You're never too young to make a difference in this world Youth group raises money for many causes

By JENNIFER WATSON-CORRIALL

Conestoga Youth Mobilizers are living proof of how young people can make a difference.

The group was designed for youth ages 14 to 24 by Emma Dwyer, 14, and Melissa Trem, 16. It has been active since April 2001 and is growing in numbers.

On March 18, Conestoga Youth Mobilizers held their second Home Run event only, which raised \$141.

This was more successful than the previous Home Run event in October which raised \$106 for Women's Crisis Services.

The Home Run is a 50-foot short-term, emergency resident shelter for abused children and women. It is funded by Women's Crisis Services.

The first official project for the Mobilizers was to raise money for St. Joe's Hospital which the group did by collecting money for

to clear an local, neighbourly house.

Since then, Youth Mobilizers has had a series of fundraisers, which raised \$108 for the dolphin centre.

They also attended an event in Toronto that brought attention to a proposed bill regarding the sale of shark fins in that city.

"Our biggest success was raising \$250 at Metro to promote about lake sale for the dolphin centre," said Trem.

For more information on St. Joe's Hospital, visit www.stjoeshospital.org. "We're not creating Mobilizers, we're having group meetings twice a week and have done lots of other fundraisers for charities," said Dwyer.

On March 19, The Conestoga Youth Mobilizers held Poppy Love Week, during which they collected money for the Conestoga Homeless Society.

These causes include white

paper towels, dry dog and cat food, newspapers, the list goes on.

The group is quite diverse and has various members attending different high schools.

"We have Mobilizers in lots of high schools and they can raise awareness and funds within their own school. It's a great way to get donations for a cause."

Homeless Society supplies can also be dropped off at 5 Somerset Dr. in Cambridge. The donations will be sent straight to the Cambridge Homeless Society.

Burger says anyone interested in the group to visit the website at www.theyouthmobilizers.ca or call and ask to take part in one of their fundraisers. That mission is to provide youth with "purpose, passion and perseverance."

The more youth are aware and passionate about social issues, the better our world is going to be," said Burger.

Hockey fundraiser shoots, scores

By TERRY BONE

The Sunshine Foundation is the only national Canadian charity making dreams come true for children with severe physical disabilities or life-threatening diseases.

To help the charity, the advanced police studies students at Conestoga College held a hockey tournament last weekend and called on friends it setting a goal of raising \$1,000.

"Our program wants to be as important for the community since policing is a community thing" said Heidi O'Brien, an advanced police studies student and one of the event co-ordinators.

Money was donated in memory of Colleen Holmes' son, Danny Holmes, in the children's illness much as the college where son died of cancer. Danny would have turned 19 years old this year. The donation was called the

"Danny Plan," and is being used to help 50 children travel to Disneyland, making their dream come true.

Since there are only 15-20 spots applied to the advanced police studies program, she decided from any program in the school were able to enter a team in the real hockey team to meet and each student paid \$25 to participate.

"A lot of fun played because we want to be a part of the community and help people out. Most of us graduated from police foundation last year and some of us have come from different universities. All 16 of us have really come together to put this event on and I'm real proud of all of us," said Shannon McElroy, another co-ordinator and advanced police studies student.

The charity event raised \$1,000, \$500 short of its \$1,500 goal. However, they expected another \$500 to be donated after the event.



PHOTO BY TERRY BONE

Advanced police studies students Heidi O'Brien (left to right), Heidi O'Neil and Shannon McElroy co-ordinated a hockey tournament as March 15 to raise money for the Sunshine Foundation.



PHOTO BY TERRY BONE

Devon Wagner (left) and Heidi O'Brien, with advanced police studies students, are shown with their friends, Colleen Holmes, who lost her son, Danny, to cancer.



PHOTO BY TERRY BONE

Student Matt Rina, who is in the advanced police studies program, is ready to play at the Sunshine Foundation charity event in the ice centre at Conestoga College.

Learning Commons going online in September

By Terry Bone

She also reduced while working with students in person that there are a lot of students who could not get in the halls, or the Learning Commons only offered one appointment per week, where the student wanted more. This motivated Brandon Hamilton to get the construction of the community started.

"I want to create a place where students can connect with each other, our resources and our experts in an ad-

vice way. We have a website where students can get information, but cannot contribute. So I want it to be engaging and interactive," she said.

Hamilton said he thinks students embrace the concept if they never turn their computers off. For example, students go from their computers to their iPads to their iPhones.

Students want to do things where students want to do them," he said.

As an example, he said some students from the nursing program wanted to get help

with APA formatting and it took two weeks for them to get an appointment.

"We cannot be doing that," he said. "We want to put it online and we want to put it now."

Brandon Hamilton said there will always be students who will need the face-to-face help and will not be interested in the virtual community, but then there will be students who will not do it in face and would be successful in the online version.

Miranda Kuhn, a first-year personal services student, never

really thought about using the Learning Commons as a resource because she has never really needed that department services but by making the community online and interactive she said it will increase the chances of having used the community and.

"Anything that is online, I am more likely to use it," she said.

From now until September students are encouraged to go online often throughout the week, from design to final applications, said Hamilton.

Hamilton. They hope to have a production and promotion student and web production student to assist in building the brand for the community.

Brandon Hamilton said the main idea behind the virtual community is to help students connect, making they will not be replacing the great services that they have now. The college just wants to add to the college experience, she said.

"We think that is going to be a huge win. This is our next big one," said Hamilton.

SOAKING UP THE SUNSHINE



PHOTO BY KATHLEEN HARRIS

With that, a first-year life-science student, soaked up the sun beside Grunwald's pond on March 13. And apprehends the spring temperatures as he reads the Waterloo Region Record in a hat and sunglasses.

Abolish bigotry

The mainstream acceptance of tattoos and other body modifications is not at an acceptable level. Here, many employers would frown upon a person, but when such marks are shown — or in a place where they are competitive job market — it seems they have a "visual" individual to protect their image and a tattooed or pierced person is not a person who could improve the productivity.

That the objection is made by many individuals who would claim acceptance of others' beliefs and choices is even more disturbing.

Through religious freedom — a personal choice is opposed to a predetermined practice that marks one as male or female — is protected at The Canadian Charter of Rights and Freedoms, personal expression through tattoos is not. The days of tattoos being exclusive to sailors and criminals are long over. The skin surgery and substance abuse of many tattoo shops is the perfect companion to the art there's overall more from underground criminals to criminal class.

So why does the world at large refuse to bridge the cultural differences on the unique and individual art form?

Simply put, the answer is fear — fear of change.

Though the latest reasons have long been about self-expression, employment of a visibly tattooed individual on a public position remains an

Bradley Zepherus
Opinion

anxiety. As the old adage goes, one should be content with one's lot, but when it comes to being tattooed, it means the means to train — you're pretty much proven innocent.

The world needs an open-minded and inclusive one person, but for a less-included individual, having their choice to modified individuals in order to prove their "innocence" or more appropriately, ability.

Tattooed individuals are no less capable than their un-tattooed counterparts financially. I find many of the heavily tattooed individuals I know to be more successful and accepting than others.

In the workplace is explained by younger individuals who didn't grow up during a time of heavily tattooed bodies. Hopefully they are more accepted, though a quarter change would be ideal.

Though gradually fading, as tattoos do, the stigma associated with the art form is still present, and that needs to change.

Menzingers' 'Impossible Past' leads to promising future

After making the move from semi-independent label, Red House Industries, to one of the biggest indie parent labels around, Republic, five years from the Liberty Bell state, some people there are more than ready to see how Menzingers, Pa., then just MNR's The Office (The Menzingers' third full-length album, On the Impossible Past, is a deeper and more personal letter to the time they lived as teenagers and young adults.

Remembering about dropped and shared nights on tracks such as the first, while offering up a subtle message of past lives on the track, Casey, offers the

Sarah Shaw
Opinion

band to make a line between the past and the future, up to the middle of the album.

Chamberlain White, their sophomore album which Paul Shaw chose as 2019's best indie album of the year, resulted in great expectations.

With one more to a larger label comes the pressure to produce an album of not just quality recordings, but of

increased song writing and musicianship to boot.

Transitioning to Chicago to record at Mike Rodden with Matt Adams (who has previously recorded albums for the Menzingers) and The Lawrence Arms, allowed

The Menzingers to document these experiences, not just as a musical journey, but as a personal one.

But most importantly, lead vocalist Tim May proves that his group's ability to perpetuate a sound of success, while still remaining hopeful, plays a crucial part in writing the same for what should be another contender for punk rock album of the year.



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A friendly fighting family



Martin Puggins shows her member in the mat at the club.

PHOTOS BY RYAN NORME



Members of the Asahi Judo Club perform some relaxing stretches before their training session. The club has 170 members.



Steve Burgess (right) demonstrates a judo throw on wife, Robyn, in front of their daughter Marika at the Asahi Judo Club in Kitchener. All three have black belts.

BY RYAN NORME

Attention all readers and viewers: If you ever see the Burgess family walking down a dark alley, you'd be wise to steer clear before you find yourself face down on the pavement. They may look nice (and they are), but they're also masters of the art of judo. And they're all members of the Asahi Judo Club located in Kitchener.

It all starts at the top with the president and father, Mark, who happens to be the most profile judoka of the family with a third-degree black belt. Wife Robyn, a second-degree black belt, says full time at the R/W Gymnastics Club just a few steps away from Asahi. Marika, 16, a first-degree black belt, and Cameron, a 13-year-old brown belt, are the kids of the family who have the sport just as much as their parents.

"I always joke that it's family that fights together, stays together," said Robyn. "We do as much as a family and a lot of people who have teenagers don't have that luxury."

Mark has been involved with the club since 1984 when he started out as a student on his terms and stepped forward competitively in 2005. He and his wife entered in the sport as parents and it came without

any pushing or prodding from him or Robyn.

"We didn't ask our kids if they wanted to go to church on Sundays either, they just do," said Mark.

Mark finds it difficult sometimes to wear both the father hat and the coach hat when it comes to his two kids.

"It's tough because when you're dad and when you're coach sometimes the kids don't have a chance to get a lay day," he said. "It's both the most difficult and most rewarding thing I've ever done."

Mark is representing at the junior judo ranks as the way today and a bronze medal at the Commonwealth Championships in Cardiff, Wales last January. She could have easily won gold if not for a knee shoulder which she injured in an accident did early in the final match of the over 50 kilogram.

"The best I've ever done was second, so I was kind of proud of myself," said Marika who has aspirations to compete for Canada to either the 2016 or 2020 Summer Olympics. "It's a career for me because my one really known me in about 1000 people in 1000 but I do better."

Cameron will be competing at a higher level when he turns 18.

Marika who started fighting at age three and the

can't remember a time when judo wasn't a part of her life. When the kids were young, the family used to sit in their hot tub and open each other about three and different judo moves. She has always been home with the family. Whether it's watching a live stream on the internet of an important judo competition halfway around the world or teaching one last move before bed, judo is in the Burgess household.

"If he (Mark) fights and something cool, he'll show us in the living room," said Marika.

It seems that all the Burgess family vacations turn into judo competitions. The family has had the privilege of travelling to Ukraine, Germany, Wales, Mexico, Ireland, Portugal and Moscow all for judo.

The Asahi Judo Club has been in Kitchener since 1987 and received a certificate of thanks from the City of Kitchener in 2007 for 40 years of contribution to the growth of parks and recreation in Ontario. The club is one of the largest in Canada and currently has 170 members. Mark has seen people come through the club to escape stress and head off to college and a new fleet of fighters will enter.

"I want everybody who comes here to reach their greatest potential," said Mark.



PHOTOS BY STEVE BARTON



BLOOD, SWEAT AND FIRE

By DEVEN KANE

With lifeline wounds and car fires, live burning and a cold-water run, the eighth annual NatHSA Conference kept everyone on the edge of their seats.

NatHSA, led by the National Health Services Students' Association, brought the conference to Columbia in collaboration with the Waterloo Interdisciplinary Healthcare Student Collaborative (WHISC).

The conference was held over the weekend of March 8 and had approximately 120 health services students from across the province learning about technology and innovation in healthcare. They did so through speakers, classes and live simulations.

Openings had the honour of being the first college ever to host the conference, which NatHSA president Andrew Gushko said is quite an achievement.

"That is the first time it's hosted by a college as opposed to a university," she said. "It's amazing that they've got so well established. That they have great attendance and great student representation, but also that they're able to host it on campus and have such great events for our students."

And great events there were. A

presentation by professors and welcomed speaker Dr. Susan Little was followed by live simulations of a car fire, a cold-water rescue in the pond, smoke inhalation and a heart. There were classes, seminars and presentations throughout the week and everything started when everything from pool lessons to stress to how to create lifeline wounds with makeup.

Level 3 HSA student Candace Miley was one of the nurses who delivered the baby in the live birth simulation.

"It feels real when you're in it," she said. "My heart was beating and I was giving Charles, so my uterus was just pumping even though I knew what was happening. It felt real."

It's no wonder that it felt real when the acting "mother" of the child, level 3 HSA student Madeline DeVries, took her role so seriously.

"I actually got really into it and was hyperventilating and I think I could have almost passed out, but we stopped it before that," she laughed. "In the end, mom and baby were fine and it was a good experience."

The speakers of this particular simulation watched the event on a TV screen in another room, bringing

to light the audience's technology theme. Not only were their cameras set up in the maternity ward, but the presence of a high-tech remote control screen aimed Todd (actor) for delivery drove the point home.

In addition to technology and simulations, the conference put an emphasis on collaboration between the different branches of health services, such as the one between paramedics and firefighters. This relationship was clearly illustrated by the earlier and cold-water rescue scenarios which had everyone working together to save victims.

WHISC community liaison coordinator Joanne and Cawagwa graduate Aaron Boldin knew the importance of these kinds of students.

"They give you an opportunity to get an understanding of the other rooms in the hospital," he said. "How some of the things that you do at the scene that might not only the case that the paramedics give, but the care further on down the line." Boldin was pleased with the turnout and said that he got a lot of positive feedback from the students.

"I think the students will take a sense of pride in their college even from it," he said. "I think being the first college to host this event in the night, just that it's been happening quickly lately at our school."



Below left: Paramedics and pre-fire services students attend to victims during a car fire simulation (just outside the H wing) during the NatHSA Conference.

Two photos below right: Students tied their hands at creating lifeline wounds at one of the classes offered during the NatHSA Conference.



CONESTOGA COLLEGE STUDENTS ARE BUSY BEES



PHOTO BY KAREN HAYES

Students tended a carnival on March 13 to raise money for Marilyn Place, an organization that provides safe shelter for mothers between 36 and 36 years of age. The carnival was in the lower atrium of the Dean wing, and featured a variety of games including a bean bag toss, catch toss and a lollipop pull.

Above, Peter C. (left) and Jeff Cohen, both third-year business administration marketing students, prepare for the carnival. Cohen holds an oversized baby bottle, which was later used to collect the event's proceeds.



PHOTO BY KAREN HAYES

Conestoga Achievements is the name of the structure built by Conestoga students for Conestogas' annual building competition using items of food, which are donated to The Food Bank at Waterloo Region at the end of the event. Conestoga Achievements was first place for structural integrity.

Since this first Conestogas event took place in 1982, it has collectively raised over 325,000 pounds of food which has helped over 25,000 people.



PHOTO BY KAREN HAYES

The Dean has been open since Feb. 27. Renovations to Conestoga Students for a lounge, formerly known as the upper Sunway, located behind the student centre, featuring a total of 100 TVs. With a solid student staff, students can now enjoy playing games such as FIFA, Xbox and the Wii line of change.

Above, James Marshall (left in right) and Hilary Harris, both first-year business administration students, and Marissa Singh, a first-year visual merchandising student, enjoy the Dean on March 13. Marshall and Singh are OSU service leaders and regularly supervise The Dean, and his video games and playing music.



PHOTO BY KAREN HAYES

English as a second language student, Mayra Morales happily gets her blood pressure tested at Conestoga College's Dean wing, part of the first floor on March 13.



HOROSCOPE

Week of March 22, 2010



Aries

March 21 - April 21

Shake your love energy, you have stuff that may stick up to you this week.

Libra

September 23 - October 22

Have a quiet week week and enjoy the most peaceful that is finding your way. Try not to stress too much this week.



Taurus

April 20 - May 20

While everyone else is wishing they had some oil, you will be eating back and enjoying some free time, consider yourself lucky.



Scorpio

October 23 - November 21

Spent some time with close friends relaxing on the grass that week, and together you may just come up with a plan for the future.



Gemini

May 21 - June 21

Continue to embrace the positive emotions, you are at a time in your life where you have never been happier.



Sagittarius

November 22 - December 21

The odds are in your favor, make sure to go for something and take a risk — it could pay off.



Cancer

June 22 - July 22

Double check things before you see them for your advice here, you want to make sure you don't miss things up.



Capricorn

December 22 - January 19

Get your ideas down on paper and show them to people. Don't be afraid to promote something you believe in.



Leo

July 23 - August 22

Someone will offer you a way out of your financial woes, maybe this is a good time to accept defeat and take the help.



Aquarius

January 20 - February 18

Allow yourself open to an environment that has been making you stress, enjoy the comfort of family.



Virgo

August 23 - September 22

Web surfing is the one way may be the time for you to go through your old belongings and get rid of what you no longer need.



Pisces

February 19 - March 20

Take the new found confidence you have and run with it, this is the last time to implement a new you.

Kenneth Bellfreen is the resident astrologist who guided into the abyss and now it's going back for the last time, causing the universe to unfold before him.

Say Anything's new album a gem



John Sabatino
Opinion

After listening to the majority of music that has been released during this era of the 20s, it's always refreshing to hear music that is well written and well performed. For *Say Anything's* *Anything*, My Dear, which was released on March 18, brings you through a transition of type and *Say Anything's* sound — although typical isn't always a bad thing. The album focuses on every aspect of the band that has been including successful lyrics, catchy melodies and superb musicianship.

From *It's Incredible*, which is the first single off the album, goes into a chorus which features a distinct vocal effect on Max Gomez's voice. As he sings "I'm a star," he sings the line to appear as if he's singing "I'm a star."

Both songs great matter up with the album and has the ability to connect to fans with his usual casual but sophisticated lyrics.

Anything is *Anything* is a great song in their song "I'm a star" which appeared on their album. In a song like "The connection keeps on going and that goes back and forth" which makes it more for fans to connect because of the simplicity of the song's message — stay

true to yourself.

Anything is a unique sound compared to today's usual style of music. The guitar work and vocal melody make the style of modern music. Although the song goes into a chorus, they're singing chords, it remains fresh with an unexpected, yet impressive, guitar solo entering the second verse. As the song concludes with the happy playing style of a guitar it is evident that it is one of the stronger tracks off the album.

The impressive thing about *Say Anything* is their ability to effectively come up from song to song. After *Anything*, they jump into *Anything* which is one of the most interesting songs that the album features. The playing goes on and down but makes a beautiful conclusion of every current top 40 song.

The album's rock track, *Anything*, My Dear, is a beautiful ballad although, unlike most of the songs, this is a

love to the idea of sound, not a person.

The song begins with a guitar solo that goes on for the band was working off to hear. Gomez sings in a happy song tone in an acoustic guitar frequently trade off from playing chords in riffs. The track is not perfect with a lot of effect and hidden instrumental gems — the chorus features a harmonica that is mixed well behind the other instruments but is effective in opening a soothing emotion to the song. It eventually reaches a beautiful turn around leading into a spectacular guitar solo.

The band concludes the album with *The Skyline*, featuring which wraps up the album appropriately. The song flows from a slow introduction to a new peak melody section before slowing down, again and concluding with a melodic outro. The movement of the song demonstrates the band's great ability as songwriters as they combine what would be three different songs into one.

Every *Say Anything* album has its own unique identity — the identity of this one is their growth as musicians as well as maintaining their ability to create a variety of emotions with listeners.



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Candidate must plan to enroll as a student during the term of office and must be prepared to continue to serve in the term, even if graduation occurs within the term.

Forms of nomination and nomination forms are available by contacting
Ann Hargrave at ext. 3333 or at ahargrave@conestogacollege.ca

Closing date for nominations: March 23, 2010

Last day of nominations to be passed: March 26, 2010

ELECTION: APRIL 6 - 11, 2010



Mass Effect 3 is an effective conclusion

The galaxy is at war against an ancient race of machines. These machines have wiped out entire starlike civilizations countless times in the past. That's the plot in *Mass Effect 3*, a video game made by the Canadian developer Bioware for the Xbox 360 previously, the PlayStation 3 and the PC. The game starts with Earth under attack by the reapers (the ancient race of machines) and you have to build alliances with other races to stop them from taking Earth back and defeat the reapers. As the other races are also fighting the reapers, and they have different motives



Ben Stoddard
Spinbox

with each other, this is no simple task.

You play as Commander Shepard, a soldier for the Human Alliance military. You choose whether Shepard is male or female and her/his appearance. Throughout the game, you make tough choices as to what effort she helps humanity.

If you've played *Mass Effect*

1, you can lead your armed forces and keep all the choices you made in the previous game(s) as well. For those who don't, the game reviewer tried to make you into the supervisor.

The different choices lead to so many variables as to how the story can play out. Can you make a truce with the machine they wanted and later had to leave their home world after failing to destroy them? Will you focus on trying to keep as many people alive as possible or on ruthlessly attacking the enemy regardless of the cost? While none of these directly affect gameplay, they will affect

how ready you are to take on the reapers and win a climactic battle to lose this war if you don't play it correctly.

The game has three play modes: RPG, Action and Story. *Mass Effect 3* plays just like the previous games did. Action mode turns the game into an action game by removing your story choices. Story mode makes the game very easy for those who only want the game's story.

The graphics are top-notch on the Xbox 360 version with detailed and atmospheric locations. The music and sound are both top of the line. The characters, while not as diverse as previous characters', emotions vary well. Overwritten emotions seem hard to turn further than they should as these stories become overdone during conversations. Otherwise, the presentation is almost perfect.

The voice acting is noticeably strong. It features Margot Shoen, Keith David, Cerris Ann Moss and Seth Green, among many others. Penelope Shepard is particularly well executed, portrayed by the actress who voiced her in the previous *Mass Effect* games.

The story is epic but still has room for smaller moments between different characters. It is full of emotional moments, from self-sacrifices and world falling, to more personal things that they haven't had in conversations. The final battle is the game might actually be the most epic scene ever created in any form of fiction. It's halfway between Star Trek and Star Wars, yet it's

unique enough to feel like its own franchise. The plot twists are surprising yet believable. The game's ending is hard to accept and will make you think, but it isn't explained in the best way. When the game truly starts in the journey and the characters within.

The gameplay is at least comparable to the last Third Person Shooter games. *Mass Effect 3* is a shooter, weapons are more varied and you have more freedom of movement. You can customize weapons with different attachments on weapons too. Even your class abilities are more customizable, even can be evolved to make play more. The only problem is that the AI doesn't seem to be too much for its own good.

The Kinect support gives you voice commands that allow you to use abilities, control weapons and lead your group. The feature is implemented very well and proves that Kinect has gotten better.

Mass Effect 3 is a massive success. From the excellent production quality to the deep story, this game makes, as the last say it, something as deep and in some ways tops them. It gives you players into the experience while rewarding veterans of the series. While it's not quite as good as *Mass Effect 2* if the plot is the negative feedback and an ending that could have been improved before, it's a satisfying conclusion to this epic trilogy that started five years ago. I rate it 8.8 out of 10.



10AM - 1PM

Interactive Games, Displays and Activities hosted by the Fitness & Health Promotion Program, General Arts & Science Health Options Program and Student Leadership Program

BE A HEALTHY STUDENT!

12PM - 3PM

Interactive Games, Displays and Activities hosted by the General Arts & Science Health Options Program

MON

TUES

WED

3PM - 4PM

Be Part of the Discussion! Watch the live streaming of TEDx Waterloo

5PM - 10PM

Hosted by the Impact Days, Street Show and give us how you can support yourself!

12PM - 3PM

Wall with representative and students to learn about the Heart and Stroke Foundation

THURS

GET HEALTHY THIS SPRING!

12PM - 3PM

Interactive Games, Displays and Activities hosted by the General Arts & Science Health Options Program

TEST YOUR HEARING!

10:00AM - 1:00PM

Participate in free hearing screenings! Hosted by the Hearing Enhancement Specialist Program **BOOK 3PM**

FRI

HEALTHY EXERCISE!

12PM - 3PM

Learn about health and exercise, hosted by the Fitness Ambassador Promotion Program

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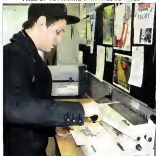


PHOTO BY SHARLETT WINTERBURN

Scott Rogers is a senior-year administrative marketing student. Ideal advantages of the free services offered at the CSI desk. Students can access lending machines, paper binders and photocopiers. The toll-free desk is open Monday through Friday from 4 p.m. and Friday from 9 a.m. to 2 p.m.

WHAT IN THE WORLD IS GOING ON AT CONESTOGA?



PHOTO BY SHARLETT WINTERBURN

Student-organizers Katherine Getty and Melissa Gieseler, both third-year social service management students, dress as a woman and a clown respectively for a world out-laws presentation at Conestoga College in March 9.

Daylight time effects student productivity

By KYLEA MILLER

Believe it or not, there is a Top 50 list of sleep deprived careers. These professionals would be especially hard hit last week due to the time change.

According to a Feb. 27 article in *Business Week*, daily house health aides and lawyers topped the list of the tired, followed by police officers, physician economists, social workers, computer programmers, financial analysts, plant operators and more.

A study led by Dr. Carlos Posner, assistant professor of management and organization at Penn State's Berks campus, supports that the Monday following a daylight time change people lose an average of 18 minutes of sleep. Thus making the Monday that follows an especially unproductive day at work. The study found that employees spend more time than usual surfing the web for entertainment on Mondays following the change to daylight time.

The research in the study was based on volunteers from Google's servers over six years.

One experiment gave sleep deprived subjects a task to perform on a computer, during which they spent an average of 1.4 more minutes searching for unrelated information subjects per hour of sleep loss the night before.

So how did Conestoga students handle the change? "I'm tired," said Stephanie Lopez, a graduate of Conestoga's marketing program, who was an exempt student a friend. "I'm definitely more tired than usual." "One hour of sleep is a lot less to me," said Diego Simo, a first-year software engineering student, laughing through a yawn.

And it is, according to the study. Researchers wrote, "In the peak for high productivity, managers and organizations may cut into the sleep of employees by requiring longer work hours. This may promote various cycles of loss sleep, resulting in less time spent working, which could result in more frantic periods for extended work time."

Overall, though, it's important to be prepared for work or school-related shifts it's also important to sleep enough in that time to work spent.

2012 Job Fair

March 21

10am – 2pm

Rec. Centre

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- CCAC
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- Clarington Building Systems
- Eastlink Computers
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- Golden Associates Ltd.
- Index Machine
- Interiors Group
- Management Improvement Program
- Marion-Cassidy Limited
- Medica Training
- Monarch in Motion Inc.
- Securix Canada
- Securix Insurance
- Shawmut and Sun Life Financial
- The House of David Children
- Waterloo Regional Police Services

Get prepared!
 Contact with Career Services (Ext. 18-100) or email: cs@conestoga.ca or visit the Career Services website by clicking on the "Services" tab in the Portal by clicking on the "Services" tab in the Portal by clicking on the "Services" tab in the Portal.

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